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THE CENTRAL IOWA EXPERIENCE

JUNE 2014

CREATURE COMFORTS

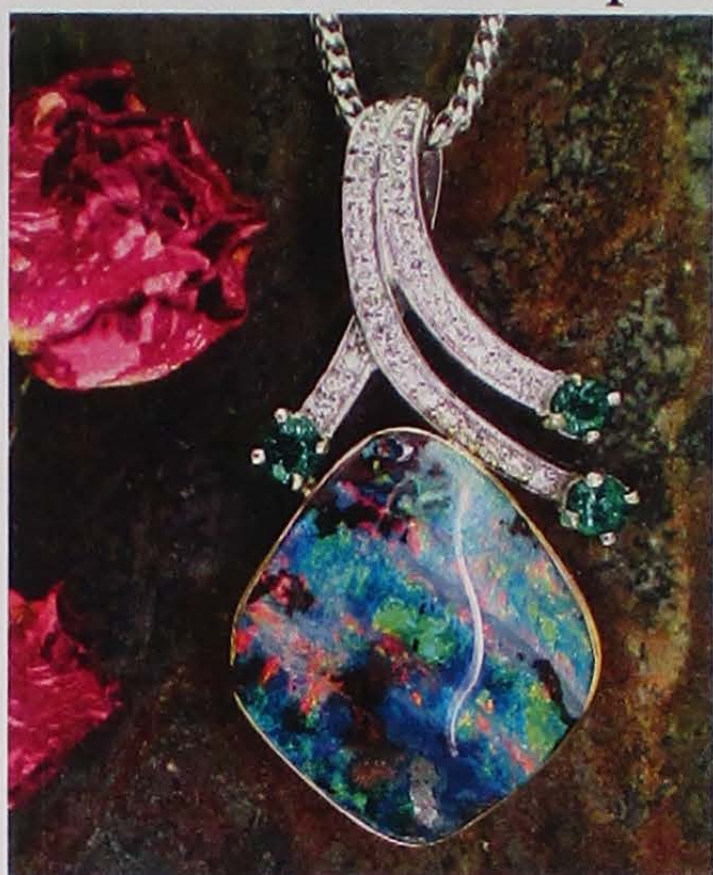
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SESSIONS

NEW DOC
IN TOWN



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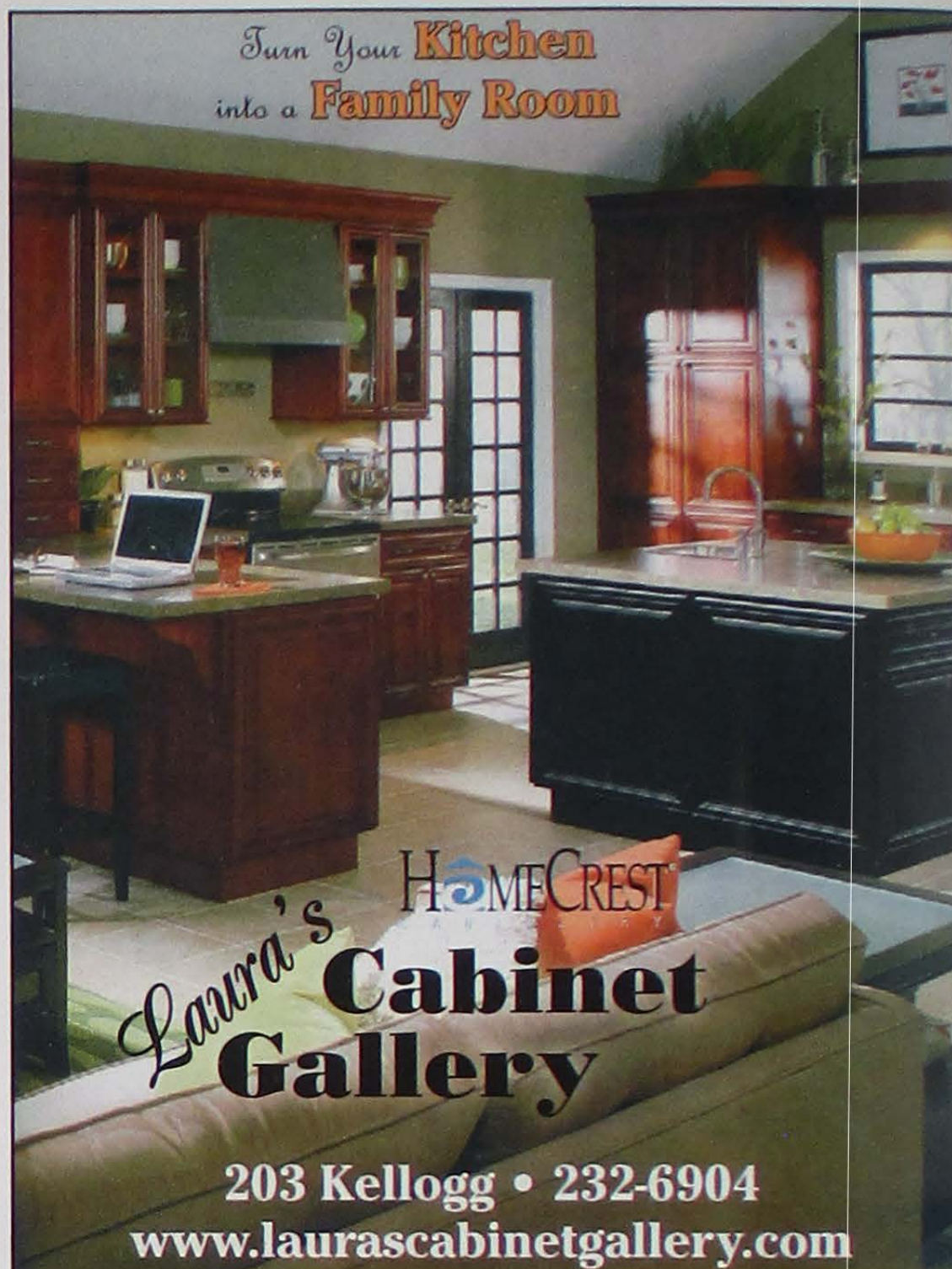
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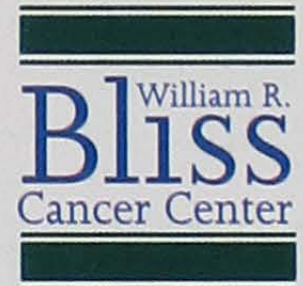
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ON THE COVER: Kathy Brown, animal control officer with the city of Ames, poses with Virgil, a 2-year-old German Short-hair Pointer mix, at the Ames Animal Shelter. PHOTO BY NICOLE WIEGAND/FACETS

EDITOR'S NOTE

When I was growing up, I was never really allowed to have pets. I mean, sure, I had the goldfish I won from the elementary school carnival, but he lasted mere weeks before kicking the bucket and being flushed to a watery grave.

My dad and my siblings have pretty severe allergies to anything with fur, so I had mostly resigned myself to a life without a four-legged companion ... that was, until early last year.

Long story short, a trip to the Jasper County Animal Rescue League and \$20 later, I had adopted my new best friend, a tabby kitten named Oscar.

After 22 years of not totally understanding the bond many of my friends had with their respective pets, I get it now. My formerly tidy living room might be littered with catnip-filled toys and laser pointers, but it's entirely worth it.

This month, we chose to explore the relationships owners have with their pets, as well as touching base with the places that care for animals still in search of their forever homes.

Todd Burras caught up with Kathy Brown of the Ames Animal Shelter and chatted about their recent upgrades as well as gathering some information for pet owners (and prospective pet owners).

Julie Ferrell headed over to Iowa State's Parks Library during the spring semester's final week of classes where certified therapy dogs provided some cuddly relief from exam studying for ISU students.

Dogs aren't the only animals helping with therapy sessions, though, as we found out when Julie went to Roland to explore the work they do with horses at One Heart Equestrian Therapy.

Melissa Erickson checked in with Beth Wilkinson, who recently took over the Slater Animal Hospital. Wilkinson provided us with some guidelines for keeping your pets healthy and safe during the summer months.

And speaking of summer, we previewed the second-annual Ames Dog Days Expo, which takes place May 31 at the City of Ames Dog Park. For all the details



— and how to enter your pooch into the cutest dog contest — flip to page 19.

Up for a little fun with your four-legged friends in the kitchen? We found two recipes for pet treats — one for cats and one for dogs — that are super simple to whip up.

Thanks to Martin Fox, we have a collection of snapshots from the Ames and Story County Animal Shelters' and C and K Heating & Cooling's Shelter Shindig on May 17, where more than \$2,400 was raised for the shelters and three dogs — including Virgil, our handsome cover dog — were adopted.

And, in keeping this issue focused on all things animals, Abby Strobbe, our June Faceted Woman, has dedicated her life to taking care of animals both through her wellness clinic and the organization she began with her husband to benefit animals. To read more about Abby, turn to page 31.

Here's the to the dog days of summer and keeping yourself — and your furry friends — cool!

Nicole Wiegand

NICOLE WIEGAND

FEATURES



6 | CREATURE COMFORTS

Ames Animal Shelter's Kathy Brown talks about the shelter's recent updates, including a new set of cages for the shelter's feline population.

10 | THERA-'PUPPY' SESSIONS

Iowa State students got a special treat during finals week, when a group of certified therapy dogs visited Parks Library to provide a comforting break from all that studying. Plus, horses provide therapy in Roland.



14 | NEW DOC IN TOWN

Dr. Beth Wilkinson took over as the top dog — er, doc — at the Slater Animal Hospital in March. She provides tips to keep your pets healthy and safe during the hot and hectic summer months.

19 | AMES DOG DAYS EXPO

The second-annual Ames Dog Days Expo is May 31. Get all the details — including what the day has to offer and how to pre-register — in this preview.

DEPARTMENTS

18 | CULTIVATE

Jan Rigganbach talks tulip trees, which, despite their appearance, actually have no relation to tulip flowers.



20 | SAVOR

We're changing the pace this month with a pair of recipes for our furry, four-legged friends: peanut butter bacon treats for dogs and a tasty tuna treat for cats.

22 | MOVE

Kecia Place-Fencil talks about the benefits of yoga and outlines some opportunities to take part in the calming exercise in the Ames area.

24 | NOURISH

Dietitian Amy Clark talks whole grains and provides a recipe for a whole-grain salad perfect for summer picnics from Lincoln Center Hy-Vee's own chef Cori Albers.

26 | PROVIDE

Karen Petersen lays out the basics of taking charge of your finances during and after a divorce.

27 | BEAUTIFY

Mary Clare Lokken catches up with Aurilla Goldsmith, a 2010 graduate of Ames' PCI Academy, as her career in hair styling takes off.

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29 | PEOPLE

Martin Fox stopped in during the Ames and Story County Animal Shelters' Shelter Shindig on May 17 to see what people — and their pooches — were up to.

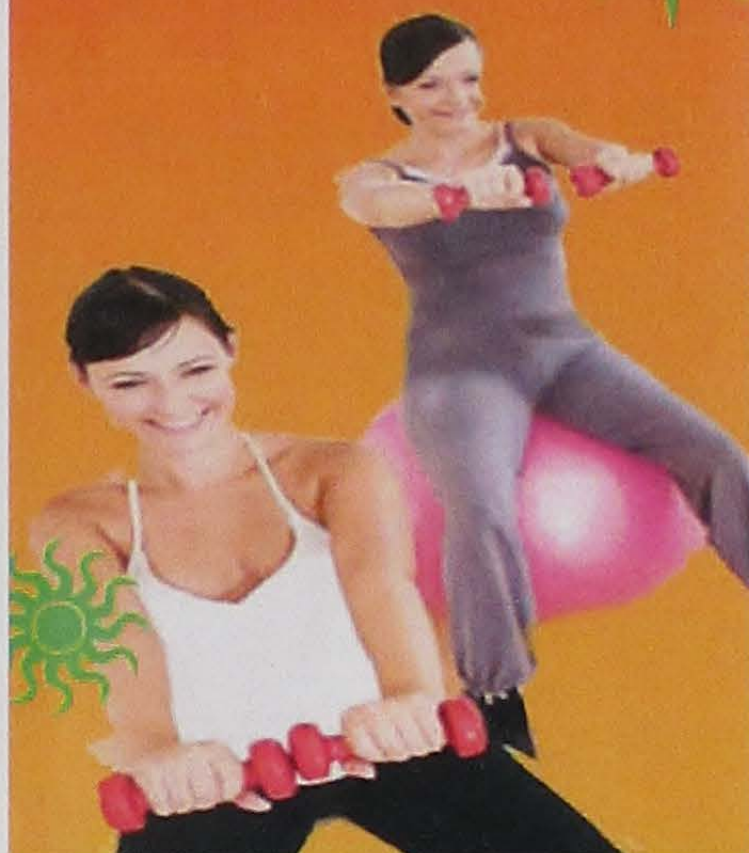
31 | FACETED WOMAN

Get to know Abby Strobbe, owner of Abby's Road Veterinary Care.

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Kathy Brown, animal control officer with the city of Ames, poses with Virgil, a 2-year-old German Short-hair Pointer mix, at the Ames Animal Shelter. PHOTO BY NICOLE WIEGAND/FACETS

CREATURE COMFORTS

With the help of generous donations and volunteers, the Ames Animal Shelter has experienced a myriad of improvements over the course of the past year

BY TODD BURRAS

There have been many changes at the Ames Animal Shelter in the past year.

Longtime supervisor Lorna Lavender retired last summer and Ron Edwards was hired as her replacement.

Numerous renovations and upgrades, particularly those in the cat housing rooms, were made, and plans for more improvements to the facilities were laid.

One thing, however, hasn't changed in the past year, and that's the shelter's mission of providing a safe and humane temporary home where homeless, unwanted, lost and injured animals are given care.

Kathy Brown, a full-time control officer, talked about what's been happening in the past year at the shelter and what's yet to come.

Tell us a bit about the renovations and upgrades that have been made at the animal shelter in the past year.

The most significant enhancement was to our cat housing rooms. New stainless-steel kennel housing units were purchased thanks to the generous contributions of our supporters and donors.

In addition to the new kennels, new cat beds, toys, blankets, cage cat scratchers, water and food bowls and litter boxes were purchased to help improve the environment for our furry felines.

The new kennels provide almost

twice as much temporary living space for the cats as compared to some of the units that we replaced.

What future improvements would you like to be seen made at the shelter?

In this coming fiscal year, we will be enhancing our dog housing kennels. Old chain-link kennels will be replaced with new-stainless steel units. This enhancement has also been made possible from our generous donors.

In addition to the new housing units, we will be improving the dog play yards and socialization areas.

On July 20, we will be working with volunteers to improve the play yards as part of a grant that we received from GreaterGood.Org.

The grant will cover \$5,000 in renovations for our dog care section and \$5,000 in Pedigree dog food.

What's the animal shelter's 2014-15 budget and does that cover all operating costs or is it reliant upon donations as well?

Our budget for 2014-15 is \$386,464. This covers Animal Shelter and Animal Control Operations (field services). Donations are always used to provide enhanced services. Improving our animal housing facility, paying for special surgeries/treatments and providing spay and neuter assistance programs are a few examples of how we use donations to help our community and their animals.

How many animals does the shelter house during a typical year?

We typically receive about 1,000 animals per year. This includes approximately 450 cats, 350 dogs and about 200 or so "other" type animals.

Our typical "others" include rabbits, wild animals, birds (domestic and wild), rats, snakes, hamsters, guinea pigs, chickens, ducks, etc.

What are common assumptions people make about what's involved in having a pet?

The most common assumptions that people make when adopting a pet is that they will be completely vetted, have no problems, won't need any training and are house trained.

Most animals that come into the shelter are considered stray, as no one came in to claim them. This gives the staff very limited information to work with when adopting out.

We cannot guarantee that they are housebroken, and most dogs could use some obedience training.

Veterinary care is essential throughout the animal's life. We provide them with the majority of their essential shots, a de-worming and flea treatment and any other additional treatments that may deem necessary for that animal before they are adopted.

CONTINUED ON PAGE 8

CONTINUED FROM PAGE 7

What are the most common reasons people give for why they turn over their pets to the animal shelter?

Some of the most common reasons that we hear are moving and can't have pets in the new house or apartment, allergies to the pets, too many pets, not enough time, cost of providing care and behavior issues, such as barking, not using the litter box and aggressive behavior.

What advice and recommendations do you give people who come in to adopt a pet?

Make sure that you have given adoption a great deal of thought. Do you know the time commitment that you are making in adopting an animal?

Do you know what costs are involved with owning a pet? Do you have money set aside to deal with pet emergencies that can be very expensive?

What is the best food to feed? How often should my pet go to the vet for vaccinations and how much does that cost every year? Do I have the proper environment for the pet?

Can I provide a safe and secure home for the pet? Dogs and cats should be part of the family and live indoors, how can I make sure that my pet will be safe and secure indoors?

Why might you encourage people to consider adopting a pet from a shelter rather than buying a pet from a breeder or pet store?

According to the Humane Society of the United States, around 2.7 million dogs and cats are euthanized each year in the United States.

This is because too many people give up their pets and too few people adopt from shelters.

By adopting from a shelter/humane society/rescue you are saving a life. It is very common to find a pure-bred cat or dog at an animal shelter as well.

Puppies and kittens are at shelters as well. With all the wonderful animals that are at shelters waiting for their forever homes, I am sure that potential adopters can find a good match to what they are looking for.



Kathy Brown plays with Drexler, an adult longhair cat, at the Ames Animal Shelter. The shelter recently purchased new, larger cages (left) to house its cats more comfortably. PHOTOS BY NICOLE WIEGAND/FACETS

What's the most unique animal you can remember that's been adopted at the shelter?

Since April of 2010, the unique animals that I have seen come into the shelter have been chickens, ducks, parakeets and a corn snake.

Within the past 15 years, our clerk (Jane Biddle) told me that we have adopted out Macaws, tortoises, goats and an iguana. Most of our unique animals come in from Animal Control receiving a call about them, generally running at large and were found by someone.

How do you not get attached to the animals?

We all get attached to the animals that are in our care. What we have to fight is the urge to take them all home.

Everybody that I work with has more than their share of critters at home. All of the animals at the shelter and in our community are special to us and have a special place in our heart.

This includes the abundance of wildlife that we encounter in Ames. While an animal is here, I treat it as if it were my own. It is also much easier to not feel the need to take them home when I know many people are out there looking for a pet.

Is it difficult for you and staff to see the condition of some of the animals that come in?

Yes, and we do our best to educate

pet owners on responsible animal ownership. Humane education is a big part of what we do here at the shelter and in the field.

Fortunately, the vast majority of people in our community truly love animals and are very responsible. For those that need encouragement and enforcement, we are here for them too.

Of course, being an animal lover, I don't want to see them in a bad condition but am very thankful that the animals have made it to the shelter where we will provide them with the necessary care to recover.

How many volunteers and volunteer hours does the animal shelter receive in a typical year?

Our new Animal Control Supervisor, Ron Edwards, is currently working on improving the volunteer program.

We have about 25 active volunteers that donate about 1,000 hours of service per year.

Ron wants to improve the number of volunteers and increase the number of volunteer hours on an annual basis.

What are some of the ways people who are not looking to adopt a pet but who might want to help the animal shelter can get involved?

The shelter often participates in fundraising events such as Wine & Paws that was recently held at the Lincoln Center Hy-Vee, Shelter Shindig on

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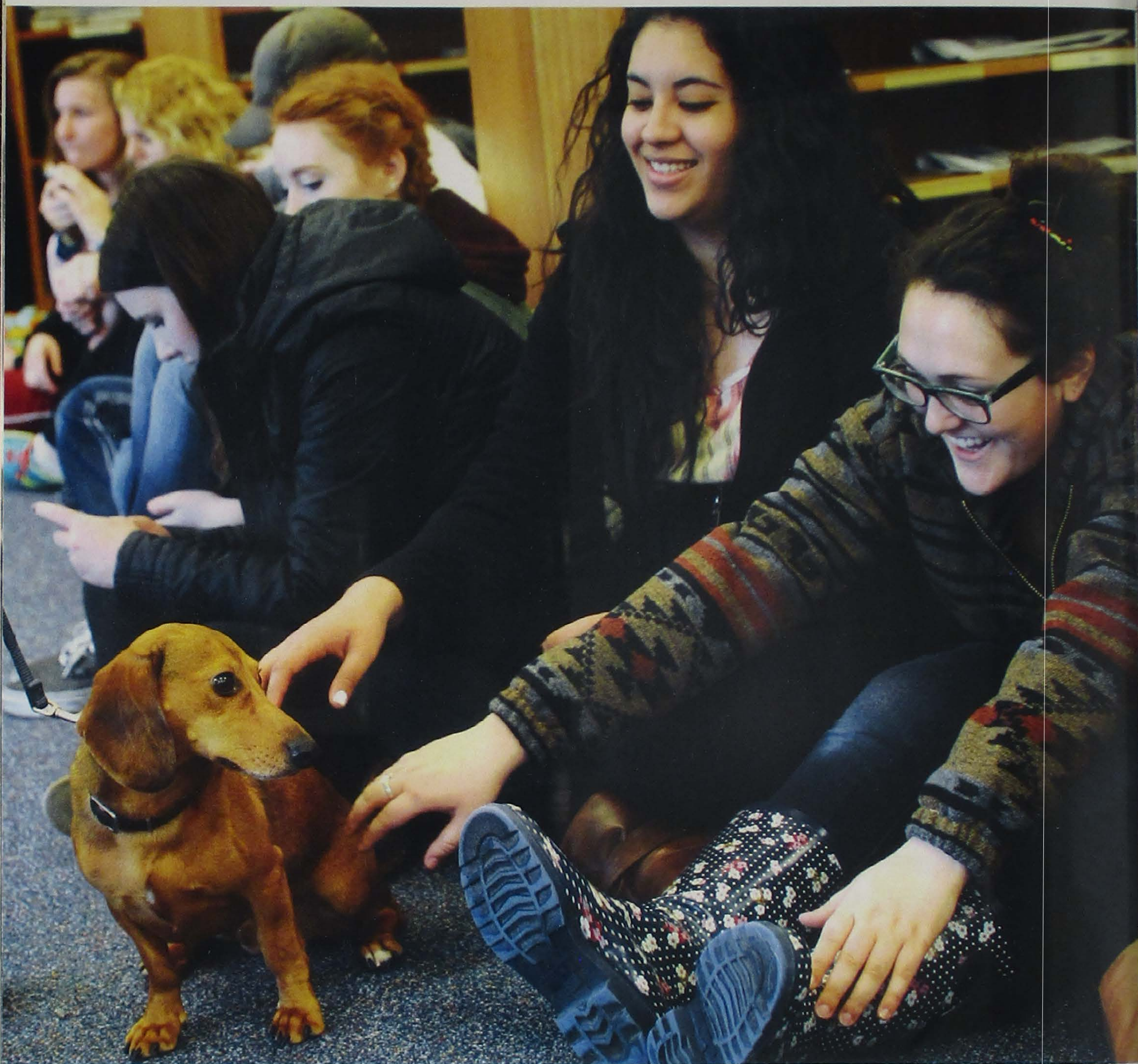
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May 17 with C and K Heating & Plumbing, Dog Days Expo with the Ames Tribune and other special events and adoption days.

We always gladly accept donations of gently used pet items such as toys, carriers, bowls, leashes, collars, towels, blankets and monetary donations.

Becoming a shelter volunteer is also another way to get involved and help out at the animal shelter.



Iowa State University juniors Caroline Lynch, right, and Samantha Lang pet a therapy dog, Trace, during a therapy session on Wednesday at ISU's Parks Library during spring finals week in Ames. PHOTO BY NIRMALENDU MAJUMDAR/AMES TRIBUNE

THERA-'PUPPY' SESSIONS

Local groups employ animals in both emotional, physical therapy

BY JULIE FERRELL

Whether local children need a way to build extra strength in their muscles or Iowa State University students want to unwind before a stressful week of final exams, local groups are using animals as alternative methods of therapy.

Dogs and horses have been used around Story County in recent months, as both emotional and physical therapy aides.

As Iowa State classes came to a close earlier this month, workers at Parks Library wanted to find a new way to help students de-stress.

A variety of therapy dogs were brought into the campus library during finals week, and students could spend their afternoon with the dogs to take their minds off classes.

Christine King, associate dean of the library and chair of the Parks public relations committee, said she and her team had seen therapy animals used in other campus libraries across the country and decided to give it a try in Parks.

"We knew a lot of people had tried this and it seemed successful," she said. "We were surprised how successful it was. It was amazing."

Mindy Moeller, a library assistant in preservation and one of the Parks committee members, reached out to both an on-campus group, Cyclone Country Kennel Club, and the Des Moines Obedience Training Center to provide therapy dogs throughout the week.

Moeller said an estimated 15 dogs were used over the course of three days, and between 20 to 50 students showed up to the sessions throughout each day.

For Aida Omerasevic, an Iowa State senior in advertising and psychology, the dogs helped her relax two days in a row. Omerasevic said placing the dogs in a major study spot such as Parks Library was also helpful during the last few days of intense studying and homework sessions.

"I've been studying for four hours (in Parks) today and I couldn't think anymore," she said, "so I wanted to take a break and clear my head."

With the group's first therapy dog event wrapped up, King said students have already approached her

requesting similar therapy sessions in the future. Moeller added that both dog groups involved in the

pilot event have already expressed interest in returning, and she said this was the first semester wrap-up event she has seen "where every person was smiling."

"If students were on their phones, it's because they were taking pictures and videos of the dogs," she said. "Everybody was just smiling, and it was more than what we thought it would be."

As Iowa State is emptying for the summer, more animal therapy will continue on the outskirts of Roland.

In April, One Heart Equestrian Therapy started its latest series of classes for both youth and adults with disabilities in the area. The 13-year-old organization uses horses to help improve a client's balance, posture, strength and coordination.

"We offer services to physical, mental, emotional and cognitive disorders, and most of our clients are diagnosed with several," said Kris Lager, co-founder and executive director of

"Everybody was just smiling, and it was more than what we thought it would be."

— Mindy Moeller, library assistant at Iowa State's Parks Library

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CONTINUED ON PAGE 12



ABOVE: A young rider works with Rosie, the 2013 American Morgan Horse Association Therapy Horse of the Year, during a therapy session at One Heart Equestrian Therapy in Roland. Children taking the therapy session were asked to collect Easter Eggs around the horse barn to practice reaching for objects. Therapy sessions can be used to help riders with disabilities improve strength, posture and more. PHOTO BY JULIE FERRELL/AMES TRIBUNE

OPPOSITE PAGE: Iowa State University sophomore Emily Olson, right, and freshman Shelby Goff pet a therapy dog during a therapy session. PHOTO BY NIRMALENDU MAJUMDAR/AMES TRIBUNE

CONTINUED FROM PAGE 11

the organization. "This is not pony rides. This is real, true-life therapy. But it's so amazingly enjoyable."

Each class is led by a physical therapist or a riding instructor, under the standards of the Professional Association of Therapeutic Horsemanship International (PATH Intl). One Heart offers several types of therapy, which can work on both gross and fine motor coordination. Starting at age two, clients can work with both large and miniature horses either by riding, or through activities like grooming or driving the horse from a carriage.

Clients are signed up for a session one time per week for a six-week class. During a session, each client is helped by three volunteers that lead and stand on either

side of the horse. Lager said for this year's class, the group is using eight full-size horses, five miniature horses and 200 volunteers.

The group is also earning both regional and national attention. Volunteers have earned top instructor titles while one of the group's large Morgan horses, Rosie, won the 2013 American Morgan Horse Association Therapy Horse of the Year.

Peggy Miller, associate professor in animal science at Iowa State, said equestrian therapy has become one of the highest developmental improvement therapies in the country. Miller said one reason horses work so well as therapy animals is because of how similar their movement is to that of a human.

"The horse mimics the way we move. As we move, the hips will move in con-

junction with the horse," she said. "It will work on some of those motion skills, and even improve posture and coordination in youth or adults."

But the therapy has also been proven to help with social skills. Clients get to work on issues like trust and overcoming fear by working with a large, intimidating horse, as well as responsibility by brushing or leading the horse out to the class area. Miller said the combination of physical and mental activity the therapy can develop has helped the style skyrocket in popularity in the last few decades.

"That develops a relationship and respect for the animals, and builds a relationship with the people that are helping (the client)," she said. "You can really see it in the child or adult's face as they get on an animal." ♦



NEW DOG IN TOWN



Dr. Beth Wilkinson, the new owner of Slater Animal Hospital, poses with Opal, the clinic's cat. Wilkinson took over the Slater clinic at the beginning of March.

PHOTO BY MELISSA ERICKSON/FACETS

New veterinarian settling into her role at Slater Animal Hospital

BY MELISSA ERICKSON

When she was younger, Beth Wilkinson wanted to be a nurse. Then she learned about doctors, and thought that would be a good career. Once she learned there were doctors for animals, she was set.

"I've always liked animals, I was pretty young when I decided this is what I wanted to be," Wilkinson said.

On March 1, Wilkinson took over as the sole veterinarian at Slater Animal Hospital, a small-animal clinic that sees primarily cats and dogs.

Since then, she's enjoyed getting to know the pets and owners of Slater and the surrounding area.

"It's something I've always wanted to do, be in a smaller clinic," Wilkinson said during an interview at the animal hospital.

Previously, she worked at Avondale Veterinary Healthcare Complex, a seven-veterinarian clinic in Des Moines.

Besides working in her own small clinic, Wilkinson said she's enjoying working closer to home. The North Polk High School graduate grew up near Elkhart, and her parents still live there today.

Wilkinson purchased the Slater clinic from long-time Slater veterinarian Dr. Don Sievers, who retired at the end of February after 40 years of veterinary work.

Wilkinson said she uses a few different techniques than Sievers did, but other than that, there have not been many changes to the clinic.

"I use a few different techniques ... but he still practiced good medicine, so it's not a change per se, just a change in how I'm used to doing it versus how he did it," she said.

One new addition Wilkinson has made is bringing a groomer to the clinic a couple of times each month.



Dr. Beth Wilkinson, the new owner of the Slater Animal Hospital, plays with Opal, the clinic's cat. Wilkinson, who took over the Slater clinic at the beginning of March, says she enjoys working in a small clinic and being able to help peoples' family members. PHOTO BY MELISSA ERICKSON/FACETS

"We've had a lot of people asking for that, if we're going to be doing that," she said. "After a couple weeks of hearing about it every day, we looked into it."

There's been a high demand for the groomer appointments, which are currently booked two visits out.

As far as a typical day in the office, Wilkinson said her work varies quite a bit depending on the day, as well as the time of year.

"Some days, it's all sick animals, and some days, it's vaccine checks," she said. "We've been doing a fair number of dental check-ups lately."

Spring is also a time to check dogs for heartworm disease and "tick titers," which are exams to check a pet's production of antibodies against tick-borne diseases.

Wilkinson said she's been seeing quite a few animals come up positive for Lyme

disease from the Madrid area so far this spring.

"When you're out in woods and tall grasses, anyone who takes their dog out into not just a town area, needs to really have them on some kind of tick preventative," she said.

Heading into summer, Wilkinson encourages pet owners to check their animals carefully for allergies.

"If they start being itchy or have bumps that aren't quite normal or skin infections, those types of things are things to watch for," she said.

As a general rule, she recommends taking pets in for a check-up once a year or even every six months to help catch any health problems early and to keep them up-to-date on vaccines.

Most of all, Wilkinson said she enjoys being able to help take care of peoples' family member.

"It's more like being a

pediatrician, they can't always tell you what's wrong," she said of being a vet. "So you have to not only look at what the animal's telling you, which when they're here, they don't always act like what they might at home, and then take the owner's perspective, too."

Wilkinson said caring for animals involves a lot of diagnostic tests, such as blood work, and comes down to a combination of a physical exam and the owner's account of what the pet has been doing at home.

"We put that all together and go from there," she said.

Wilkinson, who earned her bachelor's degree in animal science from Iowa State University in 2003 and her doctor of veterinary medicine in 2006, lives in Gilbert with her husband, Brian, their two children — Kelsi, 5, and Tyler, 1 — and their 1-year-old black cat named Oliver.

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- Chili Cheese Dog Lunch

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TREE TOP TULIPS

Despite their appearance, these yellow-green flowers aren't actually tulips at all

BY JAN RIGGENBACH

On the acreage where we lived for almost 40 years, our tulip tree was one of the most admired of all the trees. It was also the first tree we chose for our new city lot. We love the tree's distinctive, four-pointed leaves that turn from bright green in summer to golden yellow in fall. Easy to identify, their shape reminds me of the tulips I drew in kindergarten.

The tree's big, yellowish-green flowers with orange centers resemble tulip blossoms, too, although the bulb and the tree are not even distant relatives.

Some call this tree tulip poplar or yellow poplar, although it isn't a poplar. Others call it tulip magnolia. It isn't a magnolia, either, although it is a member of the magnolia family and its showy blossoms somewhat resemble those of a magnolia.

In some regions, the tulip tree is known as white wood or canoe wood

because of the usefulness of the wood in making such things as furniture and canoes. Whatever you call it, it's a North American native that is one of the tallest trees in the deciduous forest.

Although the tree grows at a fast pace, the wood doesn't seem to be as weak as silver maple or other fast-growing trees.

Because the tulip tree grows 70 to 90 feet tall (even taller in the forest) with a 50 foot spread, the species isn't a good fit for small city yards. Luckily, there are some smaller, narrower choices.

We planted one called Emerald City, which has a compact, more upright shape. Another named Fastigiatum is narrower yet. At only about 20 feet wide when mature, it's easy to slip into an urban setting.

Yet another called Little Volunteer matures at no more than 30 feet tall, with a maximum spread of 15 feet. You get the same lovely leaves and flowers on a much smaller specimen.

If you decide on a tulip tree, plant it

in full sun and be prepared to water if the weather turns dry. We planted our new one downhill from a rain tank, so it's an easy matter to attach a hose to the tank and give the tree rainwater whenever needed.

The list of possible diseases and pests is fairly long, but in my experience none has yet been a problem.

Although the tulip tree looks like it could be a tropical plant, it is hardy to USDA zone 4 and can be seen thriving at the Minnesota Landscape Arboretum.

Like many flowering trees, tulip trees put on varying shows from year to year. They tend to bloom best in the higher branches, so much so that some landscapers plant a tulip tree where the flowers can be admired from a second-story window.

Nevertheless, I've seen some tulip trees with flowers on the lowest limbs. But even without any flowers at all, the tulip tree is still a landscape asset. ♦

Longtime garden columnist Jan Rigggenbach lives in Omaha.

Ames

DOG DAYS EXPO

TRIBUNE FILE PHOTO BY NIRMALENDU MAJUMDAR

SATURDAY, MAY 31 | 1 TO 4 P.M. | CITY OF AMES DOG PARK | PROCEEDS BENEFIT AMES ANIMAL SHELTER

Plan to attend the second-annual Ames Dog Days Expo presented by the Somerset Veterinary Hospital to support the Ames Animal Shelter.

Held at the City of Ames Dog Park, 605 Billy Sunday Road, this event will provide information and activities for pet owners to ensure a happier, healthier pet.

Plus, all dogs are welcome in the City of Ames Dog Park during the Expo in exchanges for a donation to the Ames Animal Shelter.

Up-to-date vaccination records will need to be presented for all dogs that do not have current Dog Park tags.

If you're looking for a fun activity for your dog, bring him or her to the Dog Days Expo and enter our cutest dog contest.

Dogs (and dog owners) interested in participating will be judged in four categories. The categories will be cutest small dog (0 to 22 pounds), cutest medium dog (23 to 55 pounds), cutest large dog (56 pound and up) and happiest dog at the expo. Judging will begin at 3 p.m., and dogs must be in attendance.

Along with our cutest dog contest and multiple vendors on hand to answer questions, Somerset Veterinary Hospital owner Dr. Charles Felz will hold an "Ask the Vet" discussion open to all who attend the Expo.



DR. CHARLES FELZ

If you have questions about your pet, be sure to stop by and ask Dr. Felz.

Rabies Vaccinations from Somerset Veterinary Hospital will also be available for \$10 to pets in attendance.

Pizza Ranch will have pizza, jumbo chicken sandwiches, jumbo tenderloins, onion petals, water and bottles of root beer, all available at its booth.

A portion of the proceeds will go to support the Ames Animal Shelter.

Visit amestrib.com/dogdays for more information or to register for the cutest dog contest.

The Ames Dog Days Expo is presented by Somerset Veterinary Hospital. It is sponsored by the Ames Tribune, city of Ames and Kix 101.1.

Ames DOG DAYS

Support the
Ames Animal
Shelter!

Expo

Presented by:



Saturday May 31, 2014

1 p.m. to 4 p.m. | City of Ames Dog Park
Free admission to the expo

Learn everything you need to know for a happier, healthier pet! Plus all dogs welcome in the dog park with a donation to the Ames Animal Shelter*.

Activities at the Expo:

- 2:00 p.m. - 3:00 p.m.
"Ask the Vet"
- 3:00 p.m. - 4:00 p.m.
Cutest Dog Contest
- \$10 Rabies vaccinations from Somerset Veterinary Hospital. *Proceeds go to the Ames Animal Shelter*
- Pizza Ranch will have Pizza and more. *A portion of the proceeds will go to the Ames Animal Shelter.*

To pre-register for the cutest dog contest or for more information go to

www.amestrib.com/dogdays



Ames
Tribune



*Up-to-date vaccination records will need to be seen for unregistered dogs to enter park.

SAVOR

PEANUT BUTTER BACON DOG TREATS

Chock-full of dogs' favorite flavors, these treats are not only simple to make, but provide important nutrients as well. Just like any other treat, though, these should be given to pets in moderation.

INGREDIENTS:

- 2 cups flour of your choice — we used 1 cup brown rice flour and 1 cup oat flour, which are a little easier on dogs' digestion systems
- 1/2 cup peanut butter
- 1 tablespoon honey
- 1 egg
- 1/2 cup water
- 2 to 3 pieces cooked bacon, finely chopped
- 1 carrot, finely shredded

DIRECTIONS:

Preheat oven to 350 degrees. In a medium bowl, combine all wet ingredients until well blended. Add flour to wet mixture to form dough.

Roll out between two pieces of parchment paper or lightly floured work surface to 1/4 inch thick and cut into bite-sized pieces. We used a bone-shaped cookie cutter found at a craft store.

Place treats on a parchment paper-lined baking sheet and bake for 20 to 25 minutes. Cool in oven, then transfer to a wire rack to cool completely.

Store about a week's worth on the counter in a sealed container. The rest can go in the freezer.

TASTY TUNA CAT TREATS

Loaded with the tempting taste of tuna, these simple treats will entice even the pickiest feline. Just like any other treat, though, these should be given to pets in moderation.

INGREDIENTS:

6-ounce can of undrained tuna
1 cup corn meal
1 cup flour — we used brown rice flour
1/3 cup water

DIRECTIONS:

Preheat oven to 350 degrees. Process tuna in food processor until smooth. Add other ingredients and mix to form a dough. Roll dough to 1/4-inch thickness and place on parchment paper-lined cookie sheet. Bake for 20 minutes, or until crisp. After cooling, break treats into bite-size pieces.



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-John & Katie Coffin

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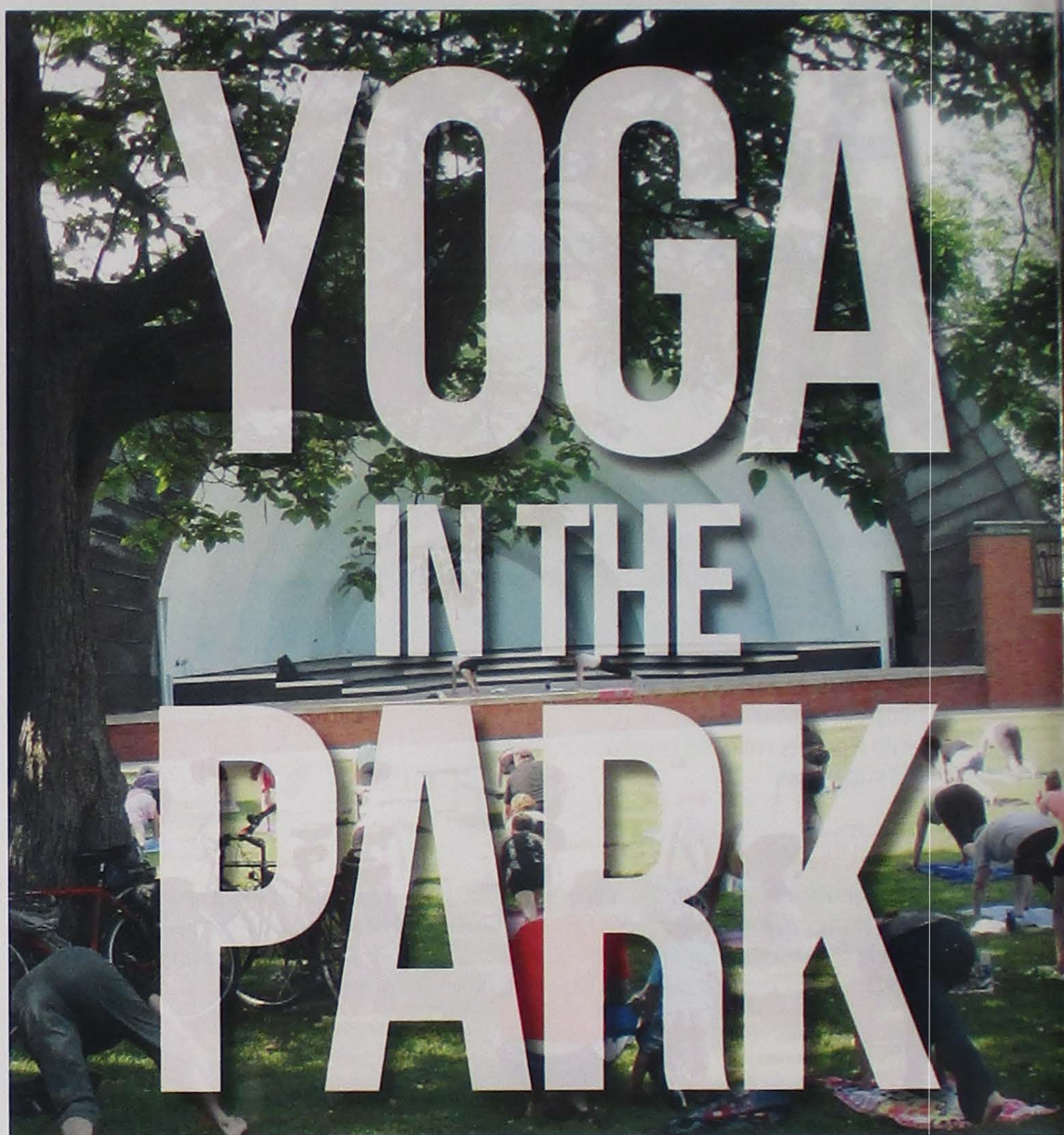


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Have you ever wanted to try yoga? No more excuses. Now is the time to try.

Yoga is for everyone and can provide you with instant gratification and long lasting transformations to your physical and mental health and well-being.

Yoga in the Park is a free class offered at Band-shell Park in Ames from 10 to 11 a.m. on Saturday mornings June 7 through Aug. 2



KECIA
PLACE-FENCL

(except Saturday, July 5).

Yoga in the Park is the perfect opportunity to get outdoors, breathe some fresh air, soak up some vitamin D, improve your strength and flexibility, and try something new.

Yoga benefits our general health and well-being in so many ways.

It helps increase strength and flexibility. When you attend your first yoga session, you may notice that you cannot bend over and touch your toes.

If you stick with it, your strength and flexibility will increase and some of those poses you originally thought were impossible will become possible.

Sheri Meyer, a yoga instructor, said, "I was drawn to yoga for a physical workout, but as I continue my practice, it has become so much more.

"Yoga is a beautiful practice that provides me with a sense of awareness, discipline and a toned body. It melds my mind, body and spirit and truly enhances my life.

"I relish my own practice and have the honor of leading others; helping us all to love our bodies and show ourselves grace."

Yoga helps teach us to slow our breath (prana), relax, and focus on the present.

CONTINUED ON PAGE 23



PHOTO BY AMES PARKS AND RECREATION

CONTINUED FROM PAGE 22

When faced with a stressful situation, this can help our bodies respond by activating the parasympathetic nervous system (calming response) instead of the sympathetic nervous system (fight-or-flight response).

Yoga helps thwart depression and anxiety.

There are many inverted poses that help increase serotonin levels, which elevates one's happiness, improves immune function, and promotes self-esteem and self confidence. Who doesn't want to be happier and healthier?

Yoga helps us relieve

stress, unclutter the mind and sleep better.

With the hustle and bustle of everyday life, yoga provides our nervous system with the downtime it needs to recharge.

Yoga helps us train our bodies to better handle frustrations, fears, anger and desires that can sometimes cause us unnecessary stress.

Yoga helps us improve our range of motion and ease joint pain. Melissa Tedone is a firm believer of the power yoga has on improving our health and well-being.

"When I was diagnosed with an autoimmune form of arthritis, my

rheumatologist prescribed yoga," Tedone said. "Yoga's controlled 'flow' keeps my joints lubricated for better range of motion, and eases pain by gently stretching my connective tissues.

"Two years later, I treasure my regular yoga practice as a time for me to let everything else go, breathe deeply, and focus on reconnecting with my body and helping it to heal."

The yoga community in Ames is truly amazing.

Come join others who are looking to improve their health and well-being, while soaking up some vitamin D and fresh air on Saturday mornings at Bandshell Park.

See you on your mat! ❖

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THE GOODNESS OF WHOLE GRAINS

Adding whole grains to your diet is not only easy, it's beneficial

Thanks to the American Dietary Guidelines for Americans and MyPlate, tools geared toward healthier eating habits, we are being reminded of the goodness of whole grains.

"Make at least half your grains whole grains" is the key message. Thanks to this great grain comeback, many people will be benefiting from these functional



AMY CLARK

health benefits.

- **Weight management:** The fiber in whole grains provides a slower release of energy and contributes to appetite control.
- **Fight cancer:** The insoluble fiber and phytochemicals in whole grains may help reduce the risk of certain cancers.
- **Make your heart healthy:** Some grains such as oats are a source of soluble fiber which can help lower blood cholesterol, leading to improved heart health. The folic acid found in grains may reduce the risk of heart disease and stroke.

- **Control diabetes:** The fiber from grains is associated with the reduced risk of diabetes. Fiber takes longer to digest and slows the release of sugar from food into the blood stream.

Soluble fiber in oats and bran was found to be the most beneficial in lowering blood sugars.

THE WHOLE GRAIN TRUTH: LABEL READING 101

A whole grain contains the three major parts that were present as the grain grew in the field: the bran (high in fiber



and B vitamins), endosperm (contains starch, protein and some vitamins and minerals) and germ (contains B vitamins, some protein minerals and healthy oils).

Whole grains include amaranth, barley, brown rice, bulgur, faro, oats, popcorn, quinoa, kamut, millet, whole rye, whole wheat and wheat berries.

Here are three label reading tips to use when shopping for whole grains:

- Don't be fooled by the color. Just because bread is brown does not mean it is whole grain. Many brown breads get their brown color from caramel coloring, not from whole grain flour.

- Search for the first ingredient. To determine if a bread is whole grain, ignore the claims on the front of the package such as "honey wheat," "wheat bread" or "multi-grain," and look at the ingredient listing on the package, at the bottom of the Nutrition Facts Panel.

Look for grain foods that list a whole grain as the first ingredient. If the first ingredient listed is wheat flour, it is not a whole grain. The label needs to state "whole" wheat flour.

- Fiber content: A whole grain bread should have at least 2 grams fiber per one-ounce serving.

TIPS TO HELP SHOPPERS 'GO WITH THE GRAIN' AT THE GROCERY STORE

- Give Hy-Vee high-fiber oatmeal a try. Add nuts and fruit to make a complete breakfast.

- Buy breads with whole wheat flour as the first ingredient.

- Sprinkle ground flaxseed or chia seed over salads, soups, yogurt or cereals.

- Trade up for health using whole wheat pasta or quinoa pasta.

- Use brown rice, kamut or quinoa instead of white rice.

- Use whole wheat tortillas for wraps, tacos and burritos.

- When baking, substitute whole-wheat or oat flour for at least half of the flour in a recipe.

The spring and summer season are upon us and many people are gearing up for picnics and outdoor activities. Consider this whole grain salad for your next picnic or camping trip.

KAMUT AND KALE SALAD

All you need:

- 2 cups kamut grain
- 1 one bunch kale, stems removed and chopped (pictured above)

- 1 cup toasted pecans
- 3/4 cup dried cranberries
- 1 cup diced Pink Lady apples
- 9 tablespoons extra virgin olive oil
- 3 tablespoons apple cider vinegar
- 1 teaspoon honey
- Sea salt and black pepper, to taste

All you do:

- Cover the kamut with an inch or more of water in a saucepan. Bring to a boil, cover and then simmer for 45 to 50 minutes, until grains are tender. Once the kamut is finished cooking, drain and allow to cool. While the kamut is cooking, massage the kale.

- In a large bowl combine cooled kamut, kale, pecans, cranberries and apples.

- In a separate bowl whisk together the olive oil, apple cider vinegar and honey. Mix dressing into the salad, taste and season with salt and pepper.

— Recipe created by chef Cori Albers

Amy Clark received her bachelor of science degree in nutrition and dietetics from Iowa State University in 2003 and completed her dietetic internship at Iowa Methodist Medical Center in 2004. She is a member of the Academy of Nutrition and Dietetics and Iowa Academy of Nutrition and Dietetics. Amy completed CDR certificate of training in adult weight management in November 2006. This information is not intended to be medical advice.

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PROVIDE

MAR·RIAGE:

noun, \mer-ij, ma-rij\, (a): Betting half your stuff that you will love them forever

When someone announces he or she is engaged and planning for marriage, we typically congratulate and wish thoughts of "happy ever after."

Once the engagement is announced, the couple begins the wonderful tasks of planning and making decisions about that very special day. There are many kinds of help available; there are even wedding statistic that help you make decisions like the benefits of a destination wedding, how many people will attend the wedding based on how many invitations you send and the average cost of flowers.

And then, for way too many marriages, there is another statistic that we don't even want to think about: 41 percent of first marriages end in divorce.

I am a Certified Divorce Financial Analyst (CDFA). Recently, I helped several women work through their personal financial decisions as they contemplated divorce.

I am not an attorney, nor do I give legal advice, what I do is help women think about their current financial life, changes that will likely occur if they divorce and how they will move forward to have a financially secure single life.

Women today control more than 50 percent of the wealth in the U.S., but are we really prepared to be financially independent if our marriage ends?

As I meet with women who are contemplating divorce or have recently filed for divorce, I am startled to find that many women are unprepared to manage their own money and make informed financial decisions. Here are some examples:

- One career woman didn't know the cost of her beautiful hair.



KAREN
PETERSEN

- Another woman who traveled for her job didn't know the cost of fuel for her car. She knew it was expensive, but she didn't remember how many times she filled the tank a month.

- One of the lucky women who had never written a check or paid a bill was forced to take over that task because her husband was out of town for three months. Because her marriage was tenuous, she rather quickly realized that this was an opportunity to prepare herself for the possibility of a divorce.

- Another client thought that "the law" would provide that she would not have to change her lifestyle if she divorced.

So what can you do to be financially prepared in the event you are alone?

- Know your expenses; make a list of all bills that are paid in your household.

- Keep a record of all debt. Remember to include non-systematic costs such as entertainment, personal care, gifts, eating out and vacations. Is it joint or individual debt? What amount is owed? What is the interest? If it is a credit card, is it paid in full each month?

- List the kinds and values of your family insurance policies.

- Collect copies of all retirement and investment statements.

- Before you make a decision about divorce, talk with an attorney to get a realistic idea of what you can expect if you file for divorce.

Make sure you take the time to gather facts — knowledge is power, because life is ... more than money. ❖

If you have a topic you'd like Karen to address in a future issue of Facets, let her know at karen@mymorethanmoney.net.

Karen L. Petersen, CFP® CDFA™, is a fee-based financial adviser. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.

BEAUTIFY



PHOTOS BY FELS PHOTO/
COURTESY OF AURILLA
GOLDSMITH

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A CONVERSATION WITH SUCCESS

Aurilla Goldsmith, a 2010 graduate of PCI Academy's cosmetology program, has created a career that includes personal work as a cosmetologist, as a photo session stylist and with Martin Parsons, a Canadian known for training stylists in high fashion hairstyling.



MARY CLARE
LOKKEN

A graduate of Corning High School in 2007, Aurilla continued her education at ISU for a year and a half. She wasn't finding her future

there. She noticed a sign on a CyRide bus advertising PCI Academy (then known as TSPA). Everyone had always told her she should do hair so she called and signed up for cosmetology.

After graduating from PCI in April 2010, she worked at The Salon in Ames when they first opened. It was there she worked on photo shoots for Trend magazine with photographer Mark Peterson.

She did the hair for his sessions. Then she moved to a Des Moines area salon, New Impressions which became Salon Bliss.

At the same time, she also worked with

ModelMayhem.com in Des Moines with Kari Shannon, Fels Photo and Retouch. Kari had been a model and decided to buy a camera and start doing her own photos. Aurilla did the hair.

They did a lot of TFP (trade for print) work meaning they did free work to get a reputation as published stylist and photographer.

For some time Aurilla continued at work at Bliss and in Corning at Hair Designers.

Hair Designers has served Corning for 36 years and recently the ownership

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CONTINUED ON PAGE 28

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has changed but the founder is still there.

Aurilla works behind the chair Wednesday through Saturday and travels to do trade shows for Martin Parsons the rest of the week. The busy show times are spring and fall.

She loves coming to her home in the timbers but being able to hop on a plane and go anywhere to do show work. She really enjoys teaching stylists.

Her work made the cover of DSM magazine's cover holiday issue in 2012.

She had been contacting Martin Parsons and was asked to work a show in Chicago for free so he could see her work. She became the assistant to his U.S. show assistant. She was promoted in 2014 to Martin's U.S. show assistant.

She works shows with him and takes his classes whenever he is in the Midwest.

Aurilla got into doing the cover of Inspire (a salon style



book) volume 84 after meeting its editor at that first show working with Martin.

She is reading Ken Paves' "You Are Beautiful" the story of the stylist's life making women feel beautiful. She found it inspiring

and encouraging to her desire "to push the boundaries and step out on a limb to achieve your dreams."

She admits to a love/hate relationship with NYC. She loves being there, but wouldn't want

to live there. If she had to pick a city to relocate to it would be Nashville, Tenn. because it has so many creative people.

When asked her goals for the future she responded, "I don't know, but I want to do more work for publications outside the U.S."

She will celebrate an unveiling party of her work called Au' Riginal Allure, a collection of sophisticated updos, being published in American Salon's June issue 2014, to be held Friday, June 13, from 5 to 7 p.m. at Hair Designers, 708 Davis Ave., in Corning.

Aurilla says, "My inspiration for this piece is the rolling hills and flat planes of the Midwest. It's important to look back on where I was raised — my roots.

"I grew up on a family farm. It has instilled in me at a young age to work hard for what you want, and to always be kind, always." ❖

Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at mclokken@gmail.com



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Shelter Shindig

MAY 17, 2014 | PHOTOS CONTRIBUTED BY MARTIN FOX

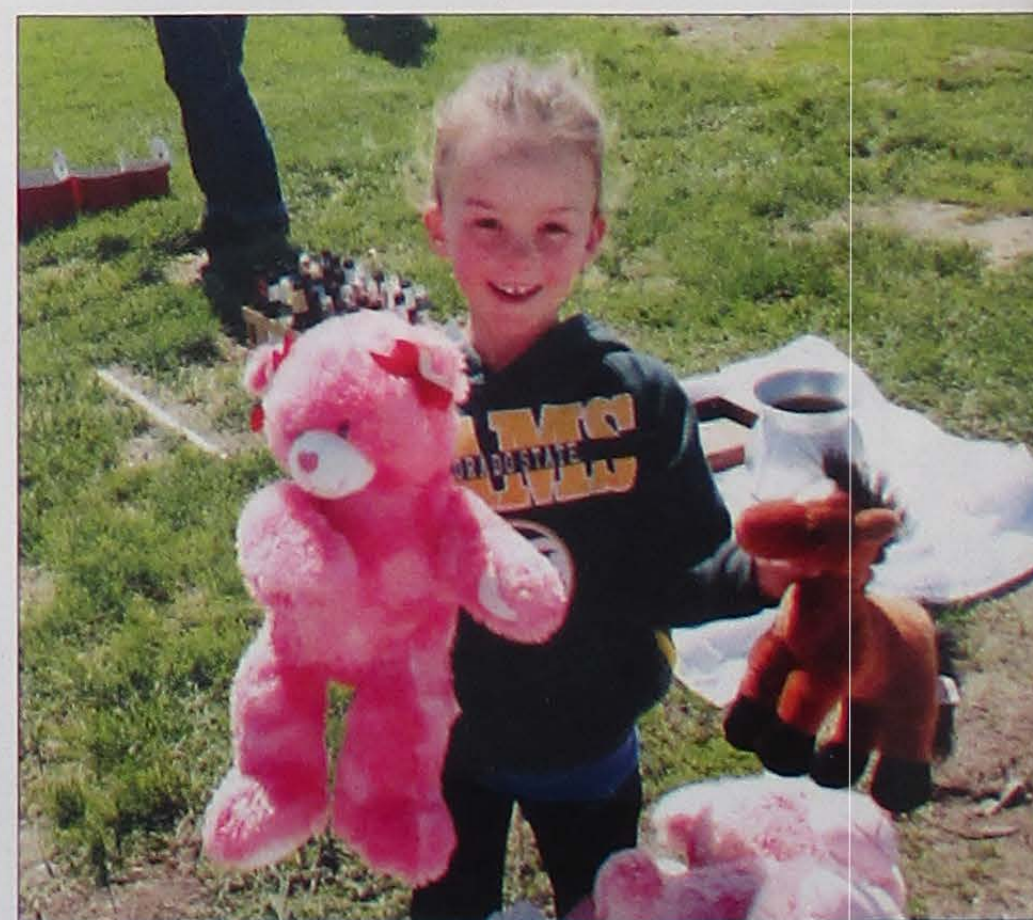
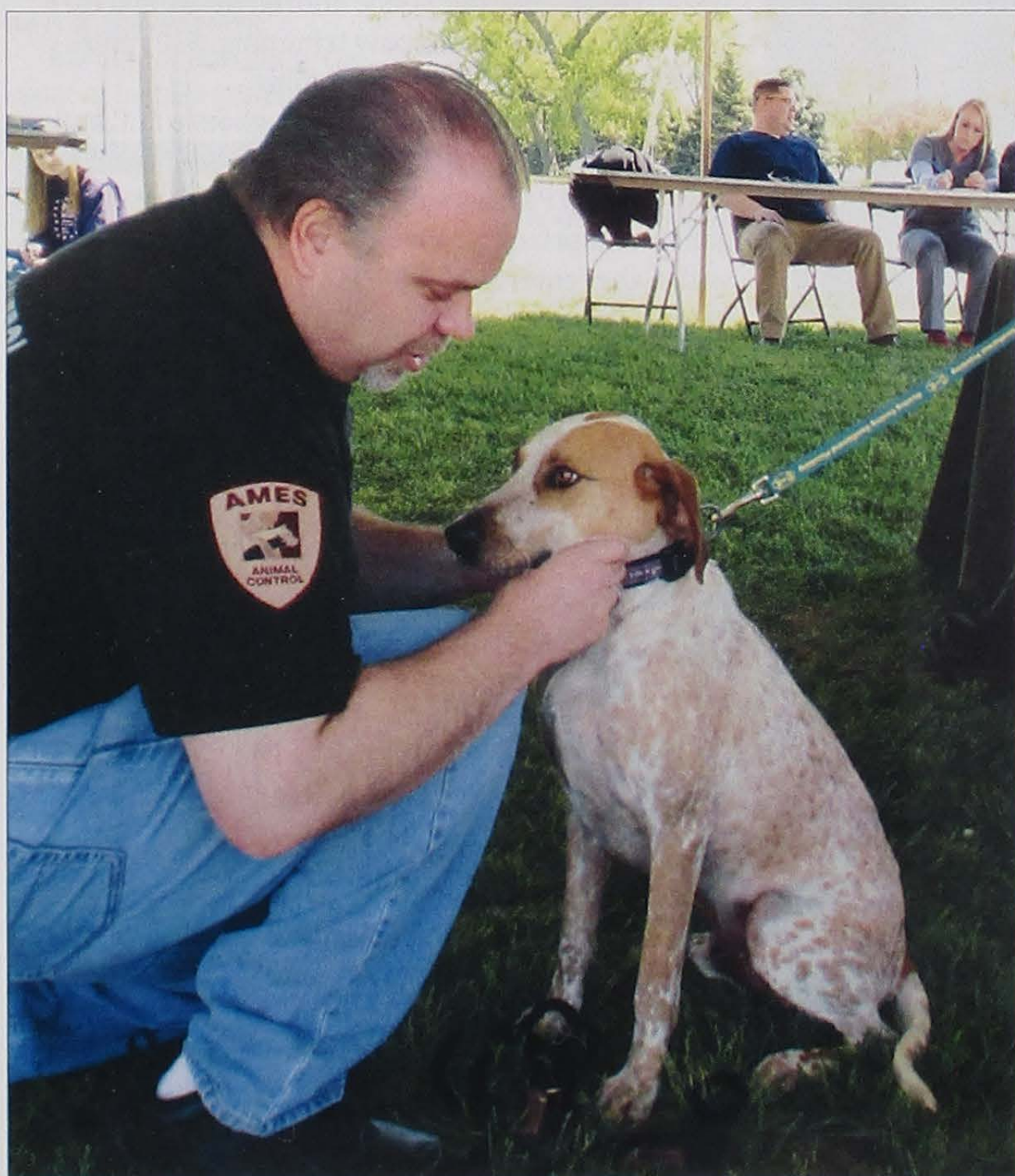
Shelter Shindig raises \$2,400
for local animal shelters

On Saturday, May 17, C and K Heating & Cooling joined forces with Top Paw Grooming Spa, Boone Veterinary Hospital and Somerset Veterinary Hospital to put on the Shelter Shindig. Our partners donated their time and resources to offer the public affordable animal care services, such as \$2 per paw trimming, \$10 rabies vaccination, and \$35 microchipping.

Local vendors, such as Ames Doghouse LLC and Ames Silversmithing, donated silent auction items. Iowa Animal Partnership offered carnival-style games and prizes for kids. Gabe Searles of "Guitar with Gabe" entertained the crowd with some mellow blues. Altogether, the event raised \$2,400 for the Ames and Story County Animal Shelters and three dogs were adopted.



Top: Kids play with a Shih Tzu that is up for adoption from the Story County Animal Shelter
Bottom: Visitors visit the Ames Animal Shelter Booth



Clockwise, from top left: A husky getting ready to have its claws trimmed by Top Paw; A Great Pyrenees visits for a rabies vaccination; Kids play carnival style games put on by the Iowa Animal Partnership; A girl shows off prizes she won at the carnival games; Ron Edwards, from the Ames Animal Shelter, says goodbye to Virgil, who had just been adopted.

NAME: Abby Strobbe

AGE: 36

POSITION: Owner of Abby's Road Veterinary Care: a House-call and Wellness Clinic Veterinary Business

FAMILY: Husband Marc, son Ethan, Chica the pig and her sheep, goats, chickens and pig crew.

WHAT WOULD YOU DO WITH \$1,000 TO SPEND ON YOURSELF?

I would put half the money towards a trip, and I would put the other half towards a Brown Swiss dairy cow for my family.

YOUR FAVORITE MEAL:

Tenderloin sandwich prepared with our pork.

CRAZIEST FASHION YOU EVER WORE:

There is a horrible picture circulating amongst my family, and I have bangs that are at least 4 to 6 inches high! I think I had some version of MC Hammer pants on as well.

I NEVER LEAVE HOME WITHOUT:

My locket that has a few ashes from my best dog pal, Chance.

YOUR FAVORITE MOTTO:

You can do a lot with a little.

WHAT MAKES YOU HAPPY?

Spending time with my family outdoors.

WHAT MAKES YOU FEEL CONFIDENT?

I am so thankful when a client is appreciative I could care for their pet at home. I also love it when clients at my wellness clinics tell me that they like the open, honest care and the affordable pricing.

WHAT MAKES YOU LAUGH?

My son Ethan makes me laugh every day. He is pretty sure he is a superhero, and I love seeing

him run around our place with his "masked avenger" gear on.

WHAT HAVE YOU ACCOMPLISHED THAT HAS MADE YOU PROUD?

I am very proud of starting my own business while I was also a stay-at-home mom.

IF YOU COULD DO OR BE ANYTHING YOU WANT, WHAT WOULD IT BE?

I would still be a veterinarian. Thankfully, I had influential adults around me as I was growing up. They saw potential in me that I didn't know I had.

IF YOU KNEW THEN WHAT YOU KNOW NOW, WHAT WOULD YOU HAVE DONE DIFFERENTLY?

I would have taken a vacation to Maine rather than living there for five years. I am thankful to be back around family.

MY IDEA OF A NIGHTMARE JOB:

I lasted two days as a country club snack shop worker.

MY SIMPLEST PLEASURE:

I enjoy spending time with my family as we care for our animals and work in our garden.

I SECRETLY LOVE:

Quickly reading People Magazine at the checkout line.

WHEN I AM AN OLD LADY:

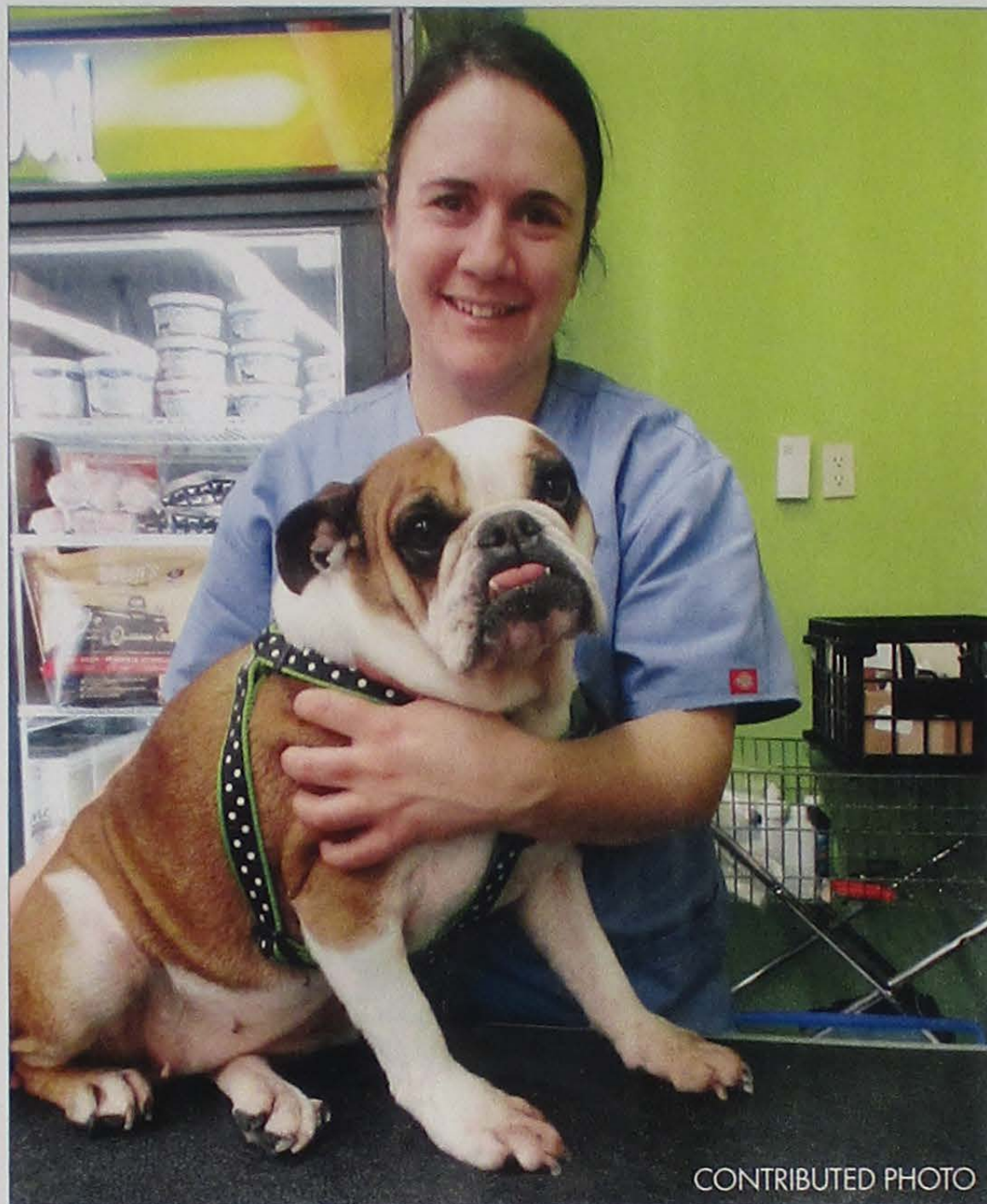
I hope I am still able to care for animals.

FAVORITE WARDROBE STAPLE:

Scrubs — it is like going to work in your PJs.

HOW DO YOU GIVE BACK TO YOUR COMMUNITY?

My husband and I started the Second Chance Pet Alliance in honor of our beloved dog, Chance. We have collected financial donations, and we help those less fortunate continue to care for the pets they love. ❖



CONTRIBUTED PHOTO



Green Hills Retirement Community resident Eilene Hovick enjoys knowing outstanding continuing care is available on-site

should she ever need assistance.

"I consider Green Hills my lifetime home and I totally love my decision," she says. "Everyone is so friendly—it feels like one big family!"

Call (515) 296-5000 or (800) 336-8883.



GREEN HILLS™
Retirement Community

2200 HAMILTON DRIVE | AMES, IOWA 50014
GREENHILLSRC.COM

MAG/Facets/5-14

Managed by Life Care Services™





What can a Hy-Vee Dietitian? do for you ●



Services Include:

- Individualized nutrition coaching
- Food allergy and intolerance information
- Group nutrition classes
- Supermarket tours
- Group seminars in our store and throughout the community
- Recipe demonstrations
- Wellness and cooking classes
- Begin 10-week Healthy Lifestyle Program

Amy Clark
RD, LD

Lincoln Center Hy-Vee
(515) 450-0508

Nicole Arnold
RD, LD

West Ames Hy-Vee
(515) 292-5543



Your Ames Hy-Vee dietitians are available for individual nutrition coaching. If you have questions about a specific diet (weight loss, low-sodium, diabetic, gluten-free, vegetarian and more), nutrition coaching is a great way to get personalized advice!